

Comparison of the Effect of Arousing and Relaxing Music during Imagery training for Power and Fine Motor Skill Sport Tasks

This study examines the effects of arousing and relaxing music during imagery intervention on the subsequent performance of power and fine-motor skill tasks. 20 competitive elite shooters and weightlifters were mix-matched into two groups of intervention: Unfamiliar relaxing music with imagery, and unfamiliar arousing music with imagery. A pre-test, intervention, post-test design was used with two simulation competitions of 10m air pistol shooting performance, and a standard event – Clean and Jerk - weightlifting performance. CSAI-2R (Cox, Martens, & Russell, 2003) was administered before pre-test and post-test weightlifting performance. Participants completed 12 sessions of imagery over four weeks before the post-test was conducted and their heart rate, galvanic skin response and peripheral temperature were measured during Sessions 1 and 12 of the training. Results from univariate analyses (ANOVA) showed that the differences across type of music used with imagery were significant on the gain-score for competition performance $F(1,16)=12.27, p<.05, \eta^2=.434$, with a significantly larger increase in performance for relaxing music than arousing music. In addition, the self-confidence gain score was significant $F(1,16)=10.09, p<.05, \eta^2=.387$. As for the weightlifters, univariate analyses (ANOVA) showed that the differences across types of music used with imagery were significant in the gain-scores for competition performance $F(1,16) = 12.27, P < .05, \eta^2 = .434$, with significantly larger increases in performance with relaxing music than arousing music. The self-confidence gain score was also significant $F(1,16) = 10.09, p < .05, \eta^2 = .387$. The implications for the use of particular types of music with imagery will be discussed.